

Remember the 13th point of the Scout Law: "A Scout is Hungry."

Eating well is not just part of the fun of camping. It is most important to eat well in order to replace the energy used in the hiking and activities that busy Scouts are prone to do. Meal planning is not hard – no Scout ever came home from the weekend camp malnourished. The Patrol should agree to try new meals – not please every palate. Build consensus and excitement in your meal planning activity. Not everyone will agree to every meal plan and like at school, they will eat whatever is provided. Don't go overboard; if you haven't tried it at home, your patrol may not appreciate your efforts. Recognize your Patrol's skill level and work to improve it.

Please take special note of any dietary needs of the Scouts and adults. Allergies to foods are common, like peanuts, strawberries, flour products, etc. Dietary restrictions to pork products such as; bacon or sausage. Turkey bacon and beef sausage are healthier!

Buying Food for Your Patrol

Grubmasters - Managing the food-buying task for your patrol is a very important job! Your patrol members are going to be hungry and unhappy if you don't buy enough food and. Leftover food is often wasted if you buy too much. *A Scout is Thrifty* is an important Scout Law to remember. You must keep track of which patrol members are going and if they have paid their money. Knowing your budget, planning your meals, and managing your funds are a big part of being successful in this leadership task.

Typically, Grubmasters (Scouts) buy food on Thursday night before the campout. Please place cold goods in your refrigerator at home and only transfer it to a cooler with ice right before you leave for camp (this helps reduce chances food will be "waterlogged"). Alternately, you can freeze waterbottles to use for ice, they don't get the food wet as they thaw out. Please remember to pick-up a Troop cooler on Tuesday, if needed.

Plan the menu with your patrol - Get a firm count of how many patrol members are going at the campout prep meeting. Cost per Scout should not exceed **\$20** for a normal Friday night start campout with 4 cooked meals and a cracker barrel. If you have 6 patrol members that have said they are going and paid, your budget is \$120.

Once you know the number going camping, use the **Troop Menu Planner** and plan to buy only as much food as your patrol will need. Buying too much food will cost your patrol extra money and is often wasteful. Stay within your budget.

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Save all your receipts - Place them in an envelope labeled with your name and Patrol, and the total cost of the food, ice and supplies. Buying food for the patrol is supposed to be a break-even proposition. As Grubmaster, it is your responsibility to stay within your food budget. You need to submit the envelope with receipts to the Troop leader in charge of the campout. If you go over, additional money will need to be collected from your Patrol members. If you go under budget...Great! ...return it to the leader and it will help pay for the trip's propane use and other camping trip shared expenses.

Packing the food - Do you like squished bread for sandwiches? Pack the food in ways to protect it in the coolers and while it is transported to the campsite. Remove excess wrappings to reduce weight and trash at the campsite. Zip-lock type plastic bags are an excellent choice. Non perishable items should be put into a grey dry-food bin, or heavy duty reusable bag, depending on how durable the items are.

Parent/Scout Instructions for Buying Food

Parents - Parental advice, input, and transportation are important to the Grubmaster's success. The Grubmaster is the Scout. He is expected to help plan and then purchase for the outing. This means that the Grubmaster goes to the store also, not just the parent(s). Parental advice about nutrition and price comparison at the store is important. Please look over the menu section and ensure everything necessary to prepare and eat the menu specified is on the shopping list – other than cleaning supplies, paper towels, and foil, do not assume there is anything available unless the scout tells you it is available in his patrol box. For example, if pancakes are on the menu, add-water mix, butter, and syrup are all necessary. If chicken is on the menu, please buy only boneless breasts. It is best to avoid chicken with bones as Scouts sometimes tend to undercook it. Condiments, cooking oil, and spices are often neglected during scout menu planning. Many times, it is easier to use a small amount from home than purchase a new container, especially when thinking about spices. Please make sure **adequate quantities are purchased for the number going in the Patrol**. Scouts are informed of the total number they are feeding. Scouts are thrifty, we do not want a lot of leftovers, but we want to make sure everyone has enough to eat and remain within our Patrol budget. It is better to have a bit too much rather than not enough. The Scouts are perfectly happy with store brand products if there is a significant savings. If there is any confusion or questions; **ASK, Don't Assume**.

Planning Meals

Preparation Time - Plan your meals so they can be prepared, eaten and cleaned up within the time constraints of the weekend program. A camp-out with a planned activity schedule will offer a limited specific time for meals (i.e. Camporees). Other outings allow more time for meals (i.e. typical campouts).

If there is limited time for cooking, At-home preparation will also make cooking at camp easier and quicker.

- Scrambled eggs? Scramble the raw eggs at home and placed in a tightly sealed container.

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- Diced meats and veggies (chicken, carrots, celery)? Wash and dice at home and put in separate zip bags.
- Bacon or sausage? Pre-cook at home. Works great and eliminates grease to make clean-up easier.

Nutrition - Review your menu to see that it is balanced nutritionally. Represent the four basic food groups at every meal.

Group 1: Breads, cereals, rice, pasta

Group 2: Fruits & Vegetables

Group 3: Milk, yogurt, cheese & meat, fish, eggs, beans

Group 4: Fats, oils, sugars (use small amounts)

Meals Needed for Campouts with a Friday Evening Departure

Friday

Dinner – Eat prior to departure.

Cracker Barrel - after camp set-up.

Saturday

Breakfast - Fully cooked from scratch.

Lunch – Varies depending on situation. Fully cooked or a cold buffet type w/ soup or chili.

Dinner - Fully cooked on the campout. Meal should include entree, vegetable, bread and dessert.

Sunday

Breakfast – Full Breakfast, but think quick and easy cleanup.

Notes on Meals

Breakfast – The MOST important meal of the day. Eggs are quick and easy to prepare and packed with protein. Try “EggBeaters” if you don’t want to carry a bunch of real eggs. Flour tortillas make good wrappers for anything like breakfast burritos and choc-o-tacos. Limit the sugars at breakfast or you will be hungry by 10 am. Plan a big breakfast on Saturday and something easy on Sunday to minimize cleanup.

Lunch – Remember you will be very busy during the day. Planning an elaborate lunch will leave you in the camp while the other patrols are back at the activities. Cold sandwich / wrap, hot dogs, chef salad or boil-in-bag meal will get you in and out quickly with very little mess.

Snacks – Plan for hunger about 3pm, bring GORP, jerky, fruit, lemonade, tea – something to hold you until dinner.

Dinner – This is the meal to really show-off your cooking skills! Be creative – don’t repeat the same tired old Mac-n-cheese dish you’ve had at every campout! Try Dutch oven cooking or a one pot meal. Grill chicken and make fajitas. Try not to repeat. Learn a new dish – experiment. Don’t forget the big dessert, you’ve earned it!

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Cracker barrel – If on a campout that starts on a Friday night, you may do this after camp is set up. Bring cheese, hard sausage, crackers and cookies. You'll sleep better with a full belly.

Drinks – No Soda! Your body needs WATER to re-hydrate, sodas won't do that. Bring Ice Tea, Country Time or Gatorade mix and make your own flavored drink. Chrystal Light is perfect for this! Juices, milk, or hot chocolate as needed.

Meal Guests - You may have adult leaders, parents, or other scout guests dining with your Patrol. The Scout Patrol Leader is responsible for seeing that all arrangements for patrol cooking are completed. An adult leader or parent may mentor (demonstrate) or offer advice (talk with) the Patrol Leader, Grubmaster, or Scouts, but they do not do the cooking or cleanup for the Patrol.

Keep your patrol box clean - Stock with non-perishables like salt, pepper, spices, foil, soap, sanitizer tablets, matches, paper towels, hand cleaner...

We are a "Green" Troop - No paper plates, disposable cups or utensils. Everyone should be using their own mess kit and utensils. Remember "Clean" and "Thrifty"?

One-pot meals are your friend – Pick a meat, a couple of veggies, sauce, seasoning and you're done. Get fancy and include a rice or pasta. Cook meat first and then warm the rest. Ground beef with Sloppy Joe or BBQ sauce with green beans and corn with a slice of Texas toast on the side ...MMMMM! One-pot to cook; one-pot to clean! Try it in the Dutch oven. Lots of great recipes on the web...

Recap of Menu Requirements

1. The menu must be planned at a Troop meeting two weeks before the campout.
2. **The menu plan must be approved by the Scoutmaster or other adult leader.**
3. All meals will correspond to the four basic food groups.
4. Meals must be fully prepared at the campout.
5. No hot dog-type meals (except around the campfire as a snack).
6. Soft drinks are not allowed. Water is always available as dehydration is a concern due to the physical activity at outings.
7. Food preparation is always directed toward fulfilling the requirements of the 1st Class or cooking merit badge.
8. Recipes should come from the Scout Field Book, the Boy Scout Handbook, or other approved cookbooks.
9. Stay within your budget.

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Patrol Menu Planner

Camp Location: _____

Patrol Name: _____

Date: _____

ATTENDANCE	
1	PL:
2	GM:
3	
4	
5	
6	
7	
8	

TROOP EQUIPMENT		
	Item	Qty
1	Patrol Box	1
2	Dry Storage Bin	1
3	Cooler	1
4	Stove	1
5	Propane Tank(s)	
6	Lantern(s)	
8	Dining Fly	
9	Dutch Oven(s)	
10	Charcoal & Chimney	
11	Patrol Flag	
12		
13		
14		
15		

MENU @ \$20/Person	
Friday Night <small>Cracker barrel (No meal to be prepared on Friday)</small>	Side 1
	Side 2
	Drink
	Other
Saturday Breakfast	Main
	Side 1
	Side 2
	Drink
	Other
Saturday Lunch	Main
	Side 1
	Side 2
	Drink
	Other
Saturday Dinner	Main
	Side 1
	Side 2
	Dessert
	Drink
	Other
Sunday Breakfast	Main
	Side 1
	Side 2
	Drink
	Other

Notify Quartermaster of Missing/Needed/Broken Equipment

Approved by: _____

Total number of people eating with patrol: _____

Patrol Leader

Senior Patrol Leader

Scoutmaster or Adult Leader

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Patrol Shopping List

Camp Location: _____

Date: _____

Patrol Name: _____

Number of People Eating _____

Buyer 1: _____

Buyer 2: _____

ITEM	DESCRIPTION	QTY	EST. COST	ACTUAL COST
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
Total Cost:				
Number Of People:				
Cost Per Person:				
Budget Per Person:				
Over/Under Budget by:				

An adult's advice, guidance, and help are needed to get to the store and prepare the food. The Scout plans the menu, goes to the store, selects and purchases the food and may need to do some pre- preparation before the campout. Menu planning allows for a maximum of \$20/person for the weekend.

Weekend Camping – Sample Patrol Duty Roster

Patrol: _____ Camping Trip: _____

Responsibilities

Prep/Assistant Cook	Grumbaster / Cook	Cleanup
Prepare meal ingredients for cooking (wash, cut, dice, chop, open cans, etc.) Prepare hand washing station with warm water and rinse water (use same tubs used for cleanup) Set up Patrol eating area. Make sure it is clean and has place settings (plates, cups, bowls, utensils, etc.) Assist cook as needed and boil water for washing dishes us in cleanup. Keep cooking area neat.	Set up Stove. Ensure all utensils used for cooking are clean. Cook meals. Supervise Asst Cook Advise Patrol when meal will be served. Clean stove.	Wash dishes and clean up patrol box. Clean up patrol eating area, dispose of trash. Stove breakdown and put away. Straighten Patrol Box and provisions. Refill water container if needed.

Friday Campsite Set Up: All Patrol Members

Friday Crackerbarrel:

Cook	Prep/Assistant Cook	Cleanup #1	Cleanup #2

Saturday Breakfast:

Cook	Prep/Assistant Cook	Cleanup #1	Cleanup #2

Saturday Lunch:

Cook	Prep/Assistant Cook	Cleanup #1	Cleanup #2

Saturday Dinner:

Cook	Prep/Assistant Cook	Cleanup #1	Cleanup #2

Sunday Breakfast:

Cook	Prep/Assistant Cook	Cleanup #1	Cleanup #2

Sunday Campsite Breakdown: All Patrol Members